

## Rising Cesarean Sections Rate

Naeema Ahmed A. Mahmood, CABOG, MBBS\* Khalid Abdulla M. Sharif, MRCP, MD\*\* Ayesha Khalid Sharif\*\*\*

**Objective:** To identify cesarean section (CS) rate in Bahrain and evaluate the reasons for the rise of CS rate.

**Design:** A Retrospective Cross-Sectional Analysis.

**Setting:** Salmaniya Medical Complex, Kingdom of Bahrain.

**Method:** All CS performed from 1 May 2011 to 31 October 2011 were included. The following patients' characteristics and clinical data were documented: age, nationality, maternal weight, parity, gestational age, number of gestation, birth weight and presentation. In addition to primary or repeat CS, indications of the procedure, uterine incision, type of anesthesia provided and immediate complications were documented.

**Result:** One thousand five hundred thirty-five women had CS. Five hundred fifty-eight CS who had complete data were included in the study. The mean maternal age was 32 years  $\pm$  (SD 5.8). Three hundred seventeen (56.8%) patients were Bahrainis. The mean gestational age was 37.1 weeks  $\pm$  (SD 2.7) with a mean neonatal birth weight of 3,012 grams  $\pm$  (SD 0.750). One hundred sixty-one (28.9%) were primiparous and 397 (71.1%) were multiparous. Forty-six (8.2%) were performed for multiple gestations. Two hundred eighty-six (51.3%) were primary CS and 272 (48.7%) were repeat CS. The main indications for the procedure were repeat CS in 176 (31.5%), failure to progress in 104 (18.6%), non-reassuring fetal heart rate in 100 (17.9%) and breech presentation in 80 (14.3%).

**Conclusion:** CS rate is increasing in Bahrain; more than 30% of deliveries in Bahrain are by CS. Physicians should aim to reduce CS rate by lowering primary CS and allowing trial of scar in patients with previous CS.